



**The Chairman and Members of
North West Area Committee.**

Meeting: 19th September 2017

Item No: 13

Dublin City Sport and Wellbeing Partnership Report

- Great Dublin Bike Ride / Bike for Life
This fantastic event, supported by DCSWP, takes place on Sunday 24th September and comprises of a 60k or 100k cycle around North Dublin, finishing to great fanfare in Smithfield Square. It is open to cyclists of all abilities and any of our Sports Officers who are delivering a Bike for Life Course in their area will have the opportunity to obtain free registrations for the participants involved.
 - Older Adults Sports Day
DCSWP's annual Older Adult Sports Day will take place on Wednesday, 27th September, in Trinity College. Sports Officers from across the city will bring groups along to the event, and in turn will compete in various activities in a fun and positive environment.
 - As part of Positive Ageing Week, **Finglas Older Adult Sports Day** will take place on 5th October in Erin's Isle GAA club from 11am to 3pm. The event will include a variety of activities including tai chi, chair aerobics, line dancing and pitch & putt.
 - As part of Finglas Positive Wellness Fortnight a **5K 'Wellness Walk'** will take place on Thursday 21st September. Open to the general public, the walk will promote gentle physical activity and positive mental health. Commencing at Tolka Valley Park, the walk will continue through the Finglas Biodiversity Park. Refreshments will be served afterwards in The Den, St. Helena's Road, Finglas.
 - The **'Forever Fit'** Programme in Finglas commenced on 18th September and will continue through until December 2017. In conjunction with St. Helena's Resource Centre and Tír na nÓg group, a varied programme of activities will be delivered every Monday and Wednesday between 2pm and 4pm. The programme is aimed at older adults and will focus on activities to improve balance, co-ordination and fall prevention.
- Whitehall Pétanque Group
- The group meets every Wednesday morning in Ellenfield Park at the petanque court (near the astro pitches) from 10am - 11am. This is an older adult group who are always looking for new members to join them for a game and a chat in an informal and friendly atmosphere. Beginners welcome!
 - Both Ballymun and Finglas Sports & Fitness Centres have commenced a full programme of swimming lessons this month.

FAI/DCSWP Football Development Officers – Update

- Following on from the cessation of the Project Futsal Ballymun/Finglas ETB Hub and FAI Summer Camps, the FAI/DCSWP Development Officers will be focusing on re-engaging with all of the relevant stakeholders in the area. Details of planned programmes and activities to follow in next month's report.

Boxing

- The AIBA/DCSWP Boxing Development Officer for the area has now commenced the rollout of the '**Startbox Bronze**' programme in both Primary and Secondary (TY level) schools in the Finglas, Ballymun and Whitehall areas. These are non-contact sessions and the aim is to introduce students to the sport and put anyone who displays talent or an appetite to pursue things further in touch with their local club.

Rowing

- Get Going ... Get Rowing

This initiative, jointly supported by DCSWP, Sport Ireland, Healthy Ireland, Active School Flag and Trinity College, has been successfully rolled out for a number of years by Rowing Ireland's Leinster Women's Development Officer, Michelle Carpenter. This is a 4/6 week school's programme for girls (second level). Rowing Ireland provide rowing machines and a community coach to the schools.

A Transition Year Programme gives students the opportunity to get on the first step of the coaching ladder and enables them to be involved in a youth leadership role, working in a fun and interactive environment with younger students and hence, bringing value to the school.

- Olympic Values Education Programme (accompanies above programme)
Students will be taught values such as fair play, respect, dignity etc... through rowing. Get Going ... Get Rowing will be the first programme in Ireland to roll this out.
- Taster Sessions
As part of European Week of Sport (September 23rd – 30th), a number of 'on the water' taster sessions will be delivered at various locations. These sessions will be open to anyone of any age who wishes to try their hand at rowing.
- **Phoenix Rowing Club:** A recreational rowing club for adults based in Dublin Municipal Rowing Centre. The club is purely aimed at getting people on the water to enjoy the activity and surrounding environs of the Memorial Gardens, Phoenix Park and River Liffey. No previous experience required and members can progress at their leisure to a level of their comfort and choosing.
- **Active Age Rowing** - Tuesdays and Fridays from 12.20pm - 1.30pm in Dublin City Municipal Rowing Centre, for new and on-going participants aged 55 and over. No previous experience required.

Cricket Development Officer Update

- Our Cricket Development Officer is liaising with DCSWP Sports Officers in the area to plan programmes for the period September to Christmas.

- **School coaching visits** will re-commence in the following schools in late September (days and times tbc):
 - *St. John Bosco Boys Junior School*
 - *St. Declan's College, Cabra West*
- We will be providing coaching sessions to the newly established **Poppintree Cricket Club** on Saturdays from 2pm - 4pm in Poppintree Community Sports Centre (starting early October).
- **Provincial cricket sessions** start back in early October on Friday nights from 5pm - 9.30pm in North County Cricket Club, where we have a number of players from the North West Area involved in these sessions. Players are between 10 and 18 years.

Contact details

Shauna McIntyre, Dublin City Sport & Wellbeing Partnership Manager:

shauna.mcintyre@dublincity.ie

Antonia Martin, DCSWP Programmes & Services Development Manager:

antonia.martin@dublincity.ie

Paul Donnelly, Sports Officer: paul.donnelly@dublincity.ie

Michelle Waters, Sports Officer: michelle.waters@dublincity.ie

John McDonald, Sports Officer: john.mcdonald@dublincity.ie

Eileen Gleeson, Sports Officer: eileenb.gleeson@dublincity.ie

Jamie Wilson, FAI Football Development Officer: jamie.wilson@fai.ie

Paul Whelan, FAI Football Development Officer: paul.whelan@fai.ie

Oisín Fagan, Boxing Development Officer: oisinfagan@gmail.com

Fintan McAllister, Cricket Development Officer: fintan.mcallister@cricketleinster.ie

Stephen Maher, Rugby Development Officer: stephen.maher@leinsterrugby.ie

Alan Morrin
Staff Officer